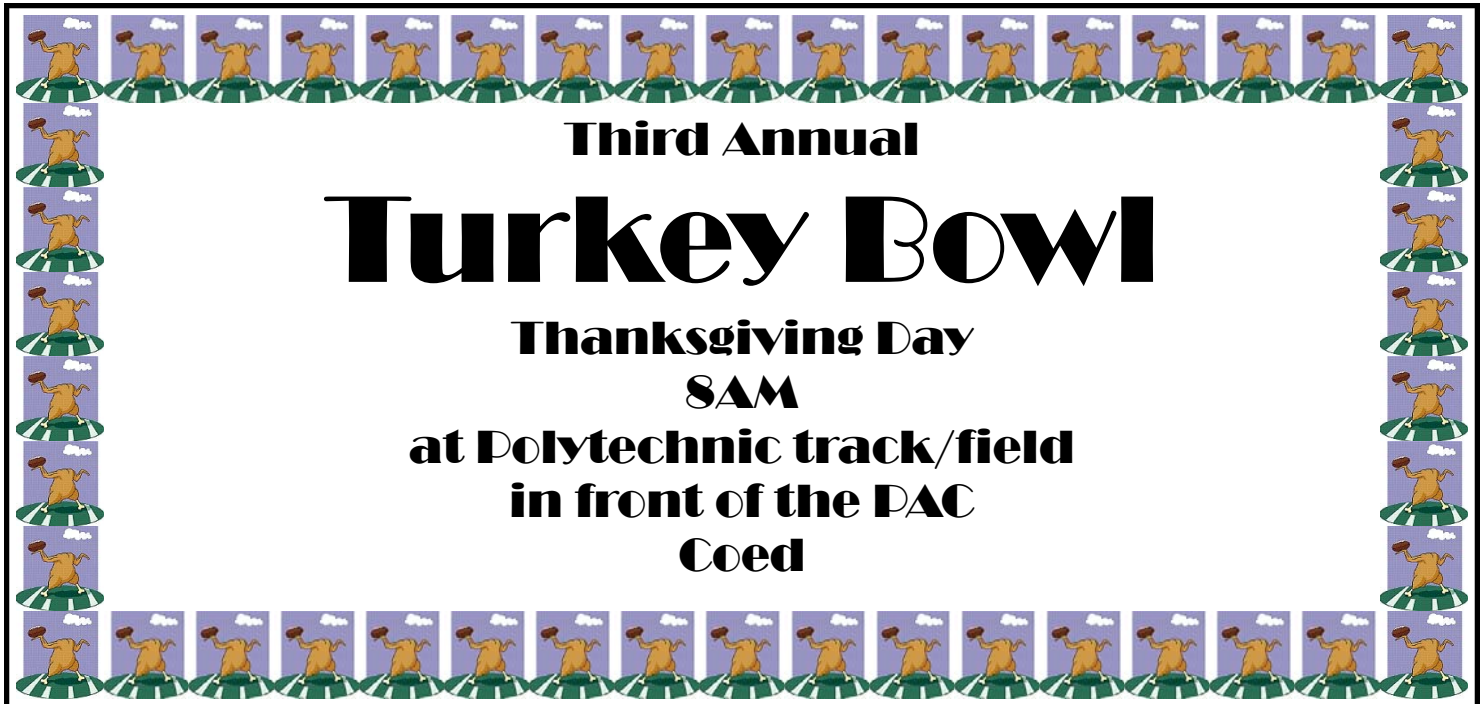


November Programs



Third Annual
Turkey Bowl
Thanksgiving Day
SAM
at Polytechnic track/field
in front of the PAC
Coed

Healthy Eating on a Budget

A group of community health nursing (CHN) students are cooking sample items that are healthy and affordable

Monday, November 24th from
6pm-8pm

At the community house located at
6448 S Rowen in South Desert Village



Upcoming Events on the ASU Polytechnic Campus

Student Counseling Services

~Chill~

The Mindfulness Experience

Explore the many ways that mindfulness meditation can reduce stress and enhance overall well-being. All students, faculty, and staff are welcome. No previous experience with meditation is necessary. *New participants are welcome at any time.*

Join us for 30-minute mindfulness meditation sessions that will include: a brief introduction, a 20-minute guided mindfulness meditation, and a brief discussion.

12:15 to 12:45
Tuesdays and Thursdays
November 6 through
December 11
Student Counseling
Services @ ASU-Poly
For more information, contact Robyn McKay at 480.727.1255

Student Health Services

Great American Smoke-out November 20th 11:30 -1pm at the Student Union TV Lounge

Great American Smoke-out November 20th 11-1pm at the Student Union South Patio

Student Success Center

Stress Management
University studies (and all the rest of life) can be hard; learn some excellent, practical ways to manage your stress and come out ahead.

Thursday, 11/6:
12-1 pm
CNTR, 074

Final Exam Test Prep

Everyone wants to do well on their exams. We will introduce you to some new study techniques to help you prepare for exam day.

Wednesday, 12/3:
11:45am - 12:45 pm
CNTR, 074

Conquering Final Exam Anxiety

Do you sometimes forget what you've learned on test day? Or, do you sometimes leave the test and then all the answers come flooding into your memory? Studying may not be the problem. Learn ways to free up your mind so that you can succeed on tests.

Thursday, 12/4:
1:30-2:30 pm
CNTR, 074

Harkins Theater

Harkins *Classic* Tickets

Available while
supplies last!

\$4 for WCH residents
\$6 for non-residents
Pay at the Housing Office,
exact change, cash only

Due to recent increase in the cost of tickets we have had to increase the price for non resident tickets.



Campus Environment Team (CET) presents:

Artist Mic Night

Tuesday November
18th

Student Union

Cooley Ballroom B
6PM to 8PM.

This event is a friendly, non-judgmental, and inviting environment for all participating poets, musicians, performers, and artists.





5K Road Race

2 Mile Walk

½ Mile Kid's Run (ages 5 – 11)

Saturday, Nov. 22, 2008

ASU Polytechnic Campus

(Williams Field & Power Roads)

This is a fun, family event

The ½ mile **Kids' Run** starts at 8:00 am

The 2 mile **Walk** starts at 8:20 am

The timed **5K Race** starts at 8:30 am

Visit our website below for pre-registration details (recommended) or event day Registration begins at 6:30 am

There is a supervised children's program after the Kids' run so parents can participate in the Walk or 5K run)

Trophies to overall and age group winners for the 5K and **medallions** to all of the Kids' run participants. **Native American fry bread, fruit, hot dogs, and drinks** for all participants

All proceeds go the ASU Polytechnic campus Classified Staff scholarship fund. Come have a good time as help a student.

See our website (www.poly.asu.edu/dash) for more details

Cost: \$15

WCH will give a \$10 scholarship for the first 20 participants living on campus.

To apply for this scholarship email Suzanne Hayes at Suzanne.hayes@asu.edu.

Scholarships will be given based on the

November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 ~Chill~ @SCS	7	8
9	10	11 ~Chill~ @SCS	12	13 ~Chill~ @SCS	14	15
16	17	18 Artistic Mic Night ~Chill~	19	20 Great American Smoke Out	21	22 Drumstix Dash
23	24 Healthy Eating on a Budget	25 ~Chill~ @SCS	26	27 Turkey Bowl	28	29
30						

